



EVALUATE THE EFFECTIVENESS OF EXERCISES ON FATIGUE AMONG OLD AGE PEOPLE RESIDING IN OLD AGE HOME AT BHOPAL.

Nursing

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ABSTRACT

Background of the study: Fatigue is one of the most commonly reported symptoms in primary care and perceived by older people as an overwhelming and distressing experience that restricts their activity and social participation. Self-reported fatigue is complex and multifactorial, with relatively little known about the causes and impacts among older people although fatigue is common among older people. A 2010 study measuring the degree of interference with walking, work, and social interactions due to pain and fatigue showed that healthcare professionals tended to give a low priority to evaluating older persons reporting fatigue. It is important that healthcare professions caring for older persons not ignore symptoms of fatigue. A review of literature shows that the Exercises will reduce the fatigue level and improve the quality of life but less research has been done in the field of exercises. Exercise is known to improve mental and physical functioning and to improve quality of life. So, the researcher felt that the old people experience more fatigue due to lack of physical exercise, physiological changes, psychological problem and also social problems. More research is needed to validate the Exercises to reduce the fatigue that made the researcher to select the topic to assess the effectiveness of Exercises to reduce the fatigue among old age peoples residing old age home.

KEYWORDS

old age people, Exercise, fatigue, old age home

OBJECTIVES:

To assess the pretest level of fatigue among old age people residing in old age home. 2. To assess the effectiveness of Exercise on reduction of fatigue among old age people residing in old age home by comparing between pretest and post test. 3. To find out the association between pretest level of fatigue scores with selected demographic variables old age people residing in old age home

Hypotheses: **H1-** There is a significant difference between mean post-test and pre-test level of fatigue scores among old age people residing in old age home. **H3-** There is a significant association between pre-test level of fatigue scores and selected socio demographic variables among old age people residing in old age home

Assumptions:

Old age people may have varying levels of fatigue Exercises will reduce the fatigue level and improve the quality of life

DELIMITATIONS:

Study is delimited old age people belong to the age group of 60 to 70 year residing in old age home of Ashara, who having complaint of fatigue and who is not having any physical and psychological problem.

METHODOLOGY:

The Quantitative evaluate research approach adopted for the study was pre experimental research design. The prior permission was taken from the concerned authority and study was conducted in Ashara old age home at Bhopal and population comprised of 40 old age people residing in ashara old age home, and purposive sampling technique was used to select 40 old age people who met the sampling criteria. The tool had two parts - Part 1: Sociodemographic characteristics. Part 2: Standardized FACIT 4 Point scale using the 13-item specifies the severity of fatigue. The FACIT is self-administered and consists of a total of 13 items and score range 1-52 (Mild fatigue 1-17 Moderate fatigue 18-34, and severe range > 35 and better quality of life < 30). The pretest was done by using structured sociodemographic questionnaire to collect the baseline information and assess the level of fatigue by using Standardized FACIT Scale, Exercise was taught to the participant by using demonstration method. The participants are instructed to perform the Exercises for 10 minutes daily in the evening for 2 per week and observed by the investigator. After 2 week posttest was done by using the same FACIT Scale.

RESULT:

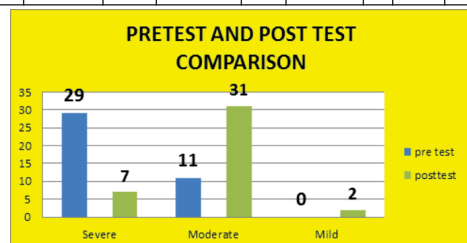
Demographic data in the present study, 62.5% of the old age people belong to the age group of 60-70 years which was the maximum. The majority of the old age belong to Hindu religion 35(87.5%). Regarding education maximum old age people having secondary education 20 (50%). Regarding occupation maximum 20(50%) have small business. Regarding income maximum 20 (50%) having 10001-15000re per

month. Regarding previous type of family majority 30(75%) of old age people staying in Nuclear Family. Regarding Habits majority 20(50%) having betel chewing. Regarding Duration of staying old age home Majority 20 (50%) 3-4 year staying in old age home. Regarding present medical illness majority 15(37%) and remaining having HTN, Back pain. Regarding activity maximum 20(50%) old age people doing walking and 10(25%) doing yoga.

Regarding comparison of pretest and posttest level of fatigue

score: In the pretest the level of fatigue score old age people were had severe fatigue score 29(72.5%) and in moderate 11 (27.5%) had fatigue score and none of them in mild score regarding pretest mean is 15.95. posttest the level of fatigue among old age people residing in old age home were assessed out of 40 participate 31 (77.5%) had moderate level of fatigue and 7(17.5%) had severe level of fatigue among old age people and 2(5%) had mild level of fatigue and mean is 28.35. So that the hypotheses H₁ made by the investigator was accepted

Content	Severe 1-17		Moderate 18-34		Mild 35-52		Mean	SD	T test
	FREQUENCY	%	FREQUENCY	%	FREQUENCY	%	6.38	7.96	0.14
Pre	29	72.5	11	27.5	0	0	15.95		
Post	7	17.5	31	77.5	2	5	28.35		



Regarding the association of pretest level of fatigue with selected demographic variables There was no association between pretest levels of fatigue among old age people residing in old age home with selected demographic. So that the hypotheses H₂ made by the investigator was rejected.

CONCLUSION:

Low levels of physical activity are associated with an increased risk of developing chronic health conditions in people over the age of 65 years. International recommendations for physical activity and exercise in older adults consistently recommend moderate level aerobic exercise for 30 min per day for 5 days of the week, combined with 2 days of strength training. There is some support for improvements in health for people with cognitive deficits who regularly achieve moderate levels of exercise.

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